

CALGARY

metro®

NEWS
WORTH
SHARING.**From Calgary to Hong Kong**

Locals show their support for pro-democracy protesters thousands of kilometres away

PAGE 5

Choosing a low-fat versus low-carb diet

Study suggests either will help with losing weight

PAGE 15

**CHANGE IS IN THE AIR**USE THESE TIPS TO HELP YOU GET THROUGH — AND EVEN ENJOY — THE SHORTER AND COOLER DAYS **PAGE 14**

ENTER AND YOU COULD **WIN***
FREE FUEL
FOR BACK TO SCHOOL

AT INSTALOANS.CA/FREEF
AND VISIT US IN-BRANCH FOR YOUR CHANCE TO
WIN YOUR LAST FILL-UP

**instaloans**

*NO PURCHASE NECESSARY. Transaction not required to participate in the Contest. Contest ends 9/30/14. For complete contest rules ask at any branch or visit www.instaloans.ca.

BC LICENCE #: 50040 ALBERTA LICENCE #: 333012

Data dispels notion of any breed bias in dog attacks: City**High-profile cases.**

Canines taken captive down, year-over-year

City bylaw officials are pointing to data collected in recent years as proof they're just as likely to seize Lassie as they are Chaos.

In all, 23 canines were taken by the City of Calgary over the first half of 2014 and nearly half belonged to the terrier class.

That likely won't surprise critics who again have ramped up criticism that officers operate with a bias against certain breeds, namely pit-bull types. Owners of a euthanized American Staffordshire named Chaos, for example, have begun writing letters to city and provincial officials amid claims they were misled

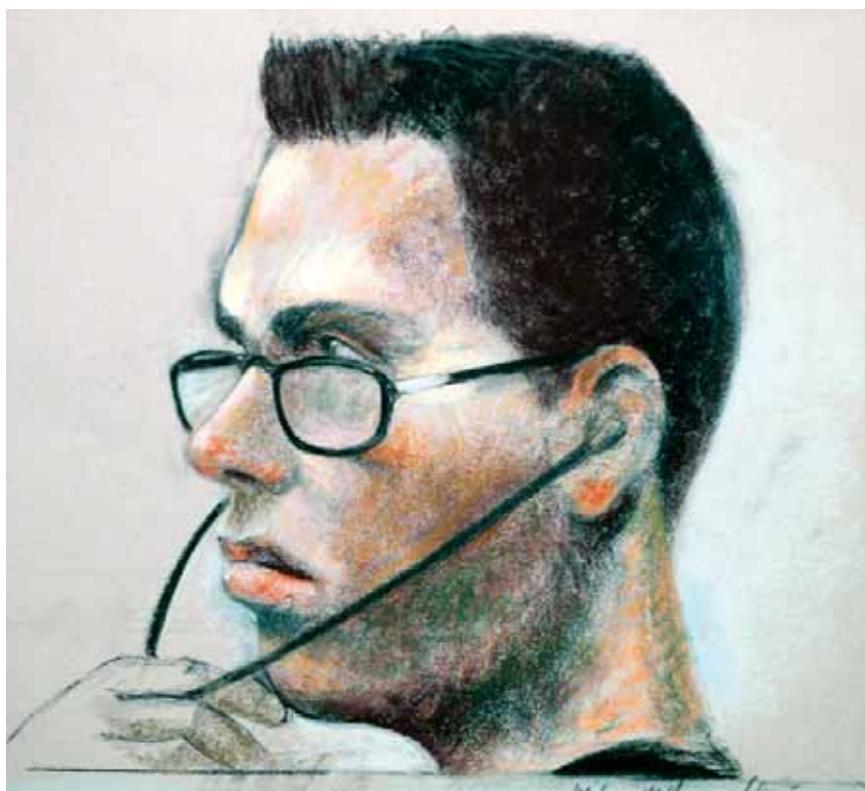
into surrendering their dog and that the city immediately assumed the worst when it pinned and killed a poodle. The city has denied any wrongdoing and pointed to the seriousness of the incident as justification for Chaos's fate.

The department's broader data pool, meanwhile, indicates that in 2013 it was working dogs that proved most problematic, and the herding class took the notorious honour of most seizures in 2012.

Doug Anderson, a bylaw co-ordinator, said the city uses a 1-5 scale to rank the seriousness of a bite and seizes any animal guilty of a 4 or higher on an adult and a 3.5 or higher on a child.

"We have a set standard for when we seize and it has nothing to do with breed," said Anderson. "At the end of the day, whether or not a poodle that's caused a level 4 bite or a pit

JEREMY NOLAIS/METRO

**MURDER TRIAL BEGINS**

Luka Rocco Magnotta is shown in an artist's sketch in a Montreal court on March 13, 2013. The trial in one of Canada's most publicized and shocking criminal cases began Monday with evidence heard in the proceedings against alleged murderer Magnotta. Story, page 8. MIKE MC LAUGHLIN/THE CANADIAN PRESS



Edison
AT WALDEN
SHOWHOMES NOW OPEN

*Artist rendering. Possession subject to availability. Prices subject to change without notice. E&OE.

INNOVATIVE SOUTH CALGARY TOWNHOMES
WITH 2 CAR GARAGES
FROM THE \$300'S

QUICK POSSESSIONS

aviurban.com/edison | 285 WALDEN DRIVE SE | 403.536.7236

AVIURBAN
A MULTIFAMILY
DIVISION OF



Pay your bills before
she pirouettes.

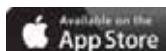
Banking can be this comfortable.



Take online banking on the go with the TD app.

Life is busy. That's why we made managing your money quick and effortless, so you can spend a little time banking and a lot of time with the family. Download the TD app to pay bills and transfer money securely from almost anywhere. Like while your daughter perfects her moves.

Download it easily



FIVE THINGS YOU NEED TO KNOW TODAY

1 HAVE YOUR SAY!

Albertans are being invited to participate in a public meeting on the Alberta Heritage Savings and Trust Fund. Discussion goes in Edmonton at Lister Centre on Oct. 9 at 4:30 p.m.

2 FOOTHILLS

Stay tuned around 11:30 a.m. today as we'll hear who the Wildrose Party candidate will be in Calgary-Foothills. This is the riding new premier Jim Prentice announced he would run in.

3 BYNES ON BAIL

Actor Amanda Bynes was arrested early Sunday in California on suspicion of driving while under the influence of a drug, authorities said Monday. She was released on \$15,000 bail.

4 IT'S YOUR ROUND

A restaurant in the heart of London's Mayfair has created what it claims to be the world's most expensive cocktail in honour of singer Grace Jones, valued at more than \$14,300.

5 BOYS ONLY

Iceland is hosting a UN conference on gender equality — but only boys are invited. This will be the first time the UN will bring together only male leaders to discuss gender equality.

CBE sees 32% spike in parent requests to move its bus stops

Congregated stops.

Board has said three-year shift in busing service aims to beat funding roadblock



JEREMY NOLAIS

jeremy.nola@metronews.ca

Parents of children in public schools have ramped up requests to have their kids' school bus stop moved in the wake of a shift to more "congregated" community stops.

Data provided to Metro by the Calgary Board of Education on Sept. 18 indicates a 32 per cent jump in such requests, but the organization has cautioned it will only review and revise routes in "extenuating circumstances."

As of last Thursday, the CBE had fielded 790 stop change requests when typically it would only receive about 600.

In the spring, the organization announced a move to more congregated bus stops, not unlike those used by Calgary Transit, in a bid to cut costs, as it says the province continues to underfund urban student transportation.

Walking the distance

Metro asked the other three school boards of their current maximum walk distances to bus stops:

- The Calgary Catholic School District says none of its students walk more than 800 metres to the bus stop.
- Edmonton Public Schools said walk distances vary by community and take into account natural boundaries, ravines and other potential roadblocks.
- Edmonton Catholic Schools says it uses a "guideline" of 400 metres between students' homes and bus stops.

The changes mean some students are now required to walk up to 1.4 kilometres to a bus stop, and potentially a kilometre further if they're being driven to a program of choice offered away from their designated school.

Jennifer St. John was among those to have a stop change request approved. She



Taradale sisters Kenzie, left, and Jaden St. John no longer have to walk as far to their bus stop after the Calgary Board of Education approved a route change requested by their mother. METRO FILE

took her criticism public late last month after learning that her daughters Jaden, 9, and Kenzie, 6, would be required to walk twice as far to catch the bus in their community of Taradale.

St. John said the girls also would have been required to cross a number of busy routes, and was pleased the school board took her concerns into

consideration.

"It's much better now," she said. "I hope they're more considerate of where these things go in the future."

It wasn't clear how many stop change requests had been — or would be — approved. The CBE said in an emailed statement that officials were "still working to finalize bus routes."

"Things continue to change as we are still receiving contracts and finalizing ride numbers," the statement read.

The requests to change stops are creating further problems for the city's two primary school-bus providers, who've already said in recent weeks they are short dozens of drivers and struggling to keep pace with a surging suburban student population.

Mike Stiles, an assistant location and safety manager with First Student, said, despite offering a \$1,000 signing bonus, his shortage of drivers has grown to 38.

"With the stop-request changes and the students coming on that didn't register in time, it's adding routes to our fleet, which is, of course, hindering us because we don't have enough drivers for the routes now," he said.

4 Street NW

Another motorcyclist dies in as many days on Calgary roads

Calgary police responded to a second fatal motorcycle collision since Sunday.

The incident occurred around 11:30 a.m. Monday in the 4200 block of 4 Street NW. It's believed a Honda Civic made a left turn into the path of a Harley-Davidson motorcycle, police said.

According to police, the biker applied the brakes, locking the front wheel and causing the bike to drop. Both the man and the bike struck the vehicle.

The biker, a 55-year-old man, was treated immediately by an off-duty paramedic in the area, but later pronounced dead on scene. Speed and alcohol have been ruled out as factors.

On Sunday, a 39-year-old woman was killed after crashing her motorcycle while trying to turn off 16 Avenue to Stoney Trail around 4:30 p.m. METRO

Prentice names byelection dates, places

Premier Jim Prentice announced Monday he will put himself and his mandate to the test on Oct. 27 in one of four byelections.

"We've begun to shape a new Progressive Conservative government with essentially new leadership, new voices and a new way of doing things," Prentice told a news conference. "We're ready to hit the doors and to engage every voter in these constituencies."

Three of the byelections will be in Calgary and one in

Edmonton. The Tories hold 57 of 87 seats in the Alberta legislature, so the results won't affect the balance of power.

Prentice, who won the Progressive Conservative party leadership on Sept. 6, will run in Calgary-Foothills, in the city's northwest.

Prentice, a 58-year-old Calgarian, said his home is in north Calgary and that's where he wanted to run.

The riding came open just hours earlier Monday when Independent legisla-

ture member Len Webber announced he was resigning. Webber, a three-term MLA, won the federal Conservative nomination on the weekend to run in Calgary-Confederation.

He left the PC caucus in March to protest what he called the bully tactics and tantrums of then-premier Alison Redford. Redford resigned soon after as caucus and party discontent mounted over her leadership style, lavish travel and office expenses. THE CANADIAN PRESS

1 NEWS

Modular maker, modular maker, make me a school!

Modus Structures. Is starter school concept a solution to the student surge?

 **JEREMY NOLAIS**
jeremy.nolais@metronews.ca

These aren't the trailers you were taught in as a kid.

That's the word from Cal Harvey, chief executive of Crossfield-based Modus Structures, one company that's actively planning to bid to build four new "starter schools" announced last week by Alberta Premier Jim Prentice.

Modus is already one of two modular-classroom builders in the province and is now drafting designs that would see 14 of its models "clicked" together to form a standalone facility that could include everything from a library, to a lunchroom and home economics class.

The province's initial bunch of starter schools will be placed in four communities and used by the Calgary Board of Education kids, but both Prentice and Education Minister Gordon Dirks have said they're willing to weigh applications for similar measures elsewhere in the province.

The concept comes as provincial education infrastructure buckles under the weight of surging student growth — Calgary alone is believed to be accommodating an additional 5,000 learners this fall.



These photos show the exterior, hallway portion and classroom of a modular produced by Modus Structures. JEREMY NOLAIS/METRO

surging student growth — Calgary alone is believed to be accommodating an additional 5,000 learners this fall.

For his part, Harvey deflected any notion from provincial opposition-party critics that modular schools are a "stop-gap or midway step."

"I see it as a full-on solution," he said. "I think the way the Ministry of Education and the way Alberta Infrastructure builds schools is quite forward-thinking ... it's a great way of

always right-sizing our capital assets."

Modus hasn't been chosen to build the starter schools but with a soon-to-be-completed facility expansion it could produce 450 classroom modulars annually. Harvey said it takes 19 days to build a modular from start to finish. Once completed, they are transported to their designated school site and can be properly installed in two day's time.

But critics of the concept

remain skeptical, especially of the projected timeline that would have the first four starter schools ready for students in early 2016.

Harvey said in an interview last week that, of more than 110 classrooms ordered from his company in the spring, 52 remained sitting in their construction yard months after completion. Six of the modulars were bound for Calgary school sites and the hope had been to have them ready for

students come the start of September classes.

Tracy Larsen, spokeswoman for Alberta Infrastructure, said a "permitting issue" was behind the Calgary delays. Looking ahead, she said the province and its partners "are all working together to figure out what these starter classrooms are going to look like."

"They may very well be a mixture of modulars, but maybe not — maybe there are other options," she said.

Infrastructure

Opposition blasts province for delays

Opposition critics say the provincial government is to blame for dozens of school modulars that have sat ready for months in a Crossfield construction yard.

Last week, Modus Structures told Metro that it had fulfilled its contract for more than 110 modulars ordered by the province in the spring, but that the fast-built classrooms had sat ready in their construction yard since late June.

Six of those modulars, the province confirmed, were due to be attached in early September to Calgary public and Catholic schools in communities under stress from student growth.

The reason provided for the delay was permitting issues — in some cases, that responsibility falls to the individual school boards, but in the case of public-private-partnership builds, such as two modular installations for public-school families in West Springs and Saddle Ridge, the onus to meet building and development standards falls on the province.

Bruce McAllister, education critic for the opposition Wildrose, said the missed target was just another example of provincial government mismanagement, adding, "How can the public trust anything they (the ruling Tories) say?"

"They just can't seem to get the basic, simple things right," he said.

JEREMY NOLAIS/METRO

City creates 'dedicated team' to speed permits for schools

City planners have created a "dedicated team" in a bid to cut months off the time required to review — and potentially approve — development permits for new schools and modular classrooms.

But a spokeswoman for the City of Calgary said the permit applications for now-delayed modulars in multiple Calgary communities weren't submitted in large part until August.

Debra Hamilton, a manager in the city's planning department, said the permits can be applied for as the modulars are being constructed elsewhere.

"If they know where on the site they want to put the modulars and how big the size of the modulars are and what

By the numbers

50

Modular classrooms have a lifespan of 50 years, according to Cal Harvey of Modus Structures

they're going to look like, then they can be constructing them at the same time," she said. "There's no restriction on that."

Hamilton said it would typically take eight or nine months to process a development permit but with the team devoted to the school files that timeline can be trimmed to as little as two or three months.

Cal Harvey, chief executive

of modular-building company Modus Structures, said with the proper synchronization of construction, transportation and permitting, the modular concept is a worthwhile endeavour.

Harvey said the modulars are said to have a life span of 50 years, but he expects they'll be around longer. As a student himself, he said he spent sometime learning in "nasty portables," but said the Modus models are an evolution well beyond those.

"When you're inside these classrooms, you cannot tell the difference between a core school and a high-performance modular classroom — the level of finish is the same," he said.

JEREMY NOLAIS/METRO

S

Welcome to your new office.

SOUTHLAND
Safety Home



- Enjoy part-time hours
- Evenings and weekends off
- Remain an active part of your community
- Save on daycare — bring your preschoolers with you!

We're looking for dedicated people to help transport our children
Safely Home.

Apply Now! Call 403-253-9322 or visit www.southland.ca

Locals show support for Hong Kong protesters



A group of Calgarians hold up characters that read "Calgarians Support Hong Kong Occupy Central Movement" on Sunday. CONTRIBUTED

Democracy movement.
Police treatment of citizens 'not reasonable,' says Calgary organizer

About 30 Calgarians gathered Sunday at the Crescent Heights Scenic Viewpoint to show their support for the Hong Kong umbrella movement, a reportedly peaceful protest

started by pro-democratic students.

Organized by Pun York Tong and Paul Cheng, the group posed for a photo to show their support for students and citizen protesters, holding up characters that read, "Calgarians Support Hong Kong Occupy Central Movement."

"We want to tell people who are living overseas to know that it was not reasonable," Tong said. "We are now living in Canada very safely and enjoying democracy, but the students in Hong Kong also want to have democracy."

The week-old movement garnered international attention and criticism from citizens of Hong Kong and spectators around the world after reports of police using tear gas against protesters.

Kempton Lam, a documentary filmmaker with family in

Hong Kong, was at the Calgary gathering. He's been watching events unfold over social media, his main source for information on protests.

"Seeing stuff like this happening in Hong Kong just pulls my heart," he said.

The local support is small but growing. On Monday a Facebook group was created. It now has over 70 members with plans for a future event.

HELEN PIKE/FOR METRO



Get more with the BMO® Biz Starter for Small Business.

More value, more benefits and more support to get your business started*.

For details, visit your local branch or bmo.com/bizstarter

BMO  Bank of Montreal

*Terms and conditions may apply.
*Registered trade-marks of Bank of Montreal.

Final deck panels to be laid on new pedestrian bridge over river

Crews will begin laying deck panels Tuesday on the last of three new pedestrian bridges that will replace spans washed out by the June 2013 flood.

The panel installations on the Riverdale Avenue Bridge are expected to take until Oct. 4.

The same work has already been completed on the Sandy Beach Bridge and

Rideau Park Bridge, according to project manager Charmaine Buhler.

"We've installed, basically, what we call the 'super structure' — which is the towers, the cabling and the deck panels," she said Monday.

Coun. Brian Pincott said people cycle commuting between downtown and southwest Calgary, in particular, will be pleased to see the Sandy Beach Bridge reopened.

"That's a major link

be detoured around Elbow Park School.

All three bridges are expected to open before the end of the year.

Coun. Brian Pincott said people cycle commuting between downtown and southwest Calgary, in particular, will be pleased to see the Sandy Beach Bridge reopened.

"That's a major link

in their commuter route that they've had to detour around for a year and a half," he said.

The Rideau Park Bridge will also re-establish a connection between home and school for many children.

"A lot of kids walk to school from Elbow Park, across the bridge, to Rideau Park School," Pincott said.

ROBSON FLETCHER/METRO

Debris. City updates tree-clearing efforts

City crews have been working seven days a week to help remove tree debris left behind by the September snowstorm.

More than 12 million kilograms of wood from 30 per cent of Calgary neighbourhoods have been taken to landfills, the city said.

"We've been focusing on Calgary's hardest-hit communities, with the heaviest and greatest volume of tree debris. Crews will likely make

one complete pass by mid-October to pick up all tree debris on the ground from these communities," said Nico Bernard, manager of the city's Tactical Operations Centre.

The complete pass of remaining Calgary neighbourhoods won't be started until mid-November.

The city asks anyone parking on streets or alleyways to move cars when crews are working. HELEN PIKE/FOR METRO



JOB FAIR

25 DUFFERIN PLACE SE

THUR. OCT 2, 2014

APPLY IN PERSON FROM:
9:00AM - 6:00PM

MATERIAL HANDLERS /
FORK LIFT OPERATORS/
TEAM LEADS /
LOSS PREVENTION &
TRANSPORTATION OFFICE

FULL TIME & PART TIME POSITIONS

DAY & AFTERNOON SHIFTS AVAILABLE

- Excellent opportunities for advancement
- Conveniently located in SE with access to city transit
- Health Benefit Plan and pension plans available
 - Details at the initial interview
- Numerous social events
- Boot allowance of \$95.00 (after 1 year of service)
- Recognition programs :
 - OFI (Opportunities for Improvement)
 - WOW program (Associate recognition program)

REQUIREMENTS FOR APPLICANTS ARE:

- YOU MUST PASS SECURITY BACKGROUND CHECK
- MUST BE ABLE TO LIFT UP TO 70 LBS REPETITIVELY
- ABLE TO WORK AND COMMUNICATE IN A TEAM ENVIRONMENT

Charges laid. Child fires rifle parents left nearby

A man from northwestern Alberta is facing weapons charges after a six-year-old child fired a rifle that was left in a vehicle.

RCMP in Fox Creek say three children were left alone while their parents went into a house on Saturday afternoon.

Police say the rifle was on the passenger seat and the eldest child fired it out the

driver's-side door.
No one was hurt.

A 37-year-old man faces five charges, including unsafe storage of firearms, possession of a restricted firearm and child endangerment.

He is to make his first court appearance on Nov. 24 in Fox Creek provincial court.

Police are not naming the accused as that could identify the children. **THE CANADIAN PRESS**

Landmark deal. Ranchers to preserve vast grassland

Southern Alberta ranchers are banding together to preserve a huge swath of native grassland almost untouched by development.

The Waldron Grazing Co-op has agreed to place a conservation easement on more than 12,000 hectares of rolling prairie and foothills in southwest Alberta.

The Nature Conservancy of Canada, which worked on the

project, says the \$37.5-million deal is the largest of its kind in Canadian history.

The co-op's 72 ranchers have agreed the land will never be subdivided or farmed and none of its wetlands drained.

They will continue to own the land and use it for ranching. Energy development is to be considered on a case-by-case basis. **THE CANADIAN PRESS**

Artist sought to link divided communities

Tuscany LRT station.

Winner of \$150,000 commission must also complement current sculpture by Bill Pechet



ROBSON
FLETCHER

robson.fletcher@metronews.ca

Calgary's Tuscany LRT station literally serves as a bridge between communities on either side of Crowchild Trail, and now the city wants a piece of art to do the same, figuratively speaking.

In addition to a \$750,000 piece by artist Bill Pechet — which has already been approved for the station and is set to be installed next year — the city is now seeking proposals for a \$150,000 project, in which the successful artist will engage local residents in formulating the final design.

Calgary culture manager Sarah Iley said one theme that kept coming up during initial community consultations on the LRT station was a sense of "wanting to know more about



The Tuscany LRT station opened in August, and the first piece of public art is set to be installed next year, followed by a "Community Cultural Development Public Art Project" after that. **METRO FILE**

each other," as the communities of Royal Oak and Rocky Ridge on the north side of the road and Tuscany on the south side "feel quite geographically divided."

To that end, the first of 12 criteria in a request for proposals explains that the work

must "create a connection between the site and the mixed-use community."

Iley said the artwork is also expected to be "complementary" to the Pechet piece, "roger that," which is composed of two, 12-metre sculptures that depict a pair of con-

stellations.

"There are people who really specialize in this kind of thing, artists who really have some very innovative and interesting approaches," she said.

The deadline to submit a proposal is Oct. 30.

Dinos forfeit game over credit anomaly

The University of Calgary Dinos outscored their rivals from the University of Alberta by 68 points on Sept. 5, but the effort will go into the books as a loss.

The team announced Monday that the academic ineligibility of two players has forced them to forfeit their home opener against the Golden Bears.

"The infraction was the

result of an administrative error within the athletic department," the U of C said in a statement. "Upon the football program's discovery of the error, it was immediately reported to Canadian Inter-university Sport (CIS) and Canada West, where automatic sanctions include forfeiture of competitions in which ineligible student-athletes have played. Additional sanctions

Hopes dashed

The Dinos had won their first three games, meaning the forfeiture will put a definitive stomp on any hopes for a perfect season.

will be confirmed once CIS has concluded its discipline process; however, the Univer-

sity of Calgary elected to take this initial step."

The Dinos said the error stemmed from "anomalies" in the recognition of course credits. The athletes passed courses that did not qualify for the minimum 18 credits athletes are required to earn.

The players in question did not suit up for the Dinos in subsequent games, the team said. **JEREMY NOLAIS/METRO**

Hong Kong police ease up on protesters

87 rounds of tear gas.

Forceful attempts to disperse demonstrators Sunday drew tens of thousands more into the streets

Hong Kong's embattled police defended their use of

tear gas but softened their tactics Monday after forceful attempts to quell pro-democracy protests drew tens of thousands more people into the streets in an unprecedented show of civil disobedience.

"The students are protecting the right to vote, for Hong Kong's future. We are not scared, we are not frightened, we just fight

for it," said Carol Chan, a 55-year-old civil service worker who said she took two days off to join the protests after becoming angered over police use of tear gas Sunday.

Instead of candlelight, a few hundred people staged a brief "mobile light" vigil Monday night, waving their glowing cellphones as the protests stretched into their

fourth day. Crowds chanted calls for the city's unpopular leader, Chief Executive Leung Chun-ying, to resign, and sang anthems calling for freedom.

Students and activists have been camped out since late Friday, demanding that Beijing grant genuine democratic reforms to the former British colony.

THE ASSOCIATED PRESS



Student protesters connect electric extension cords to charge their phones during a sit-in protest in Hong Kong, Monday. WALLY SANTANA/THE ASSOCIATED PRESS

Superior success rate. Long-acting birth control better for teens: Doctors

Teen girls who have sex should use Intrauterine devices (IUDs) or hormonal implants — long-acting birth-control methods that are effective, safe and easy to use, a leading American pediatrics group said.

IUDs are small, T-shaped devices containing hormones or copper that are inserted into the womb to prevent pregnancy. Hormone-based implants are matchstick-size plastic rods that go under the skin of the upper arm.

In an updated policy, the American Academy of Pediatrics says condoms should be used every time teens have sex to provide protection against sexually transmitted diseases that other forms of birth control don't provide. While condoms are the most

common birth control choice among teens, they are among the least effective methods.

The pediatrics group said both IUDs and hormonal implants have lower failure rates — nearly 100 per cent effective — than birth control pills, patches and injections.

While more expensive initially, the medical procedure saves people money in the long run compared to over-the-counter birth control options that must be consistently used, said Dr. Mary Ott, a pediatrics professor at Indiana University.

IUDs last between three to 10 years, while hormonal implants last three years.

"All methods of hormonal birth control are safer than pregnancy," Ott said.

THE ASSOCIATED PRESS



A model holds the Nexplanon birth control hormonal implant.
MERCK, FILE/THE ASSOCIATED PRESS

CLASSIC CANADIAN TOURS
Polar Bear Day Safari
One day tour from Edmonton
Sunday November 9th
www.classiccanadiantours.com Ph: 1-866-460-1415

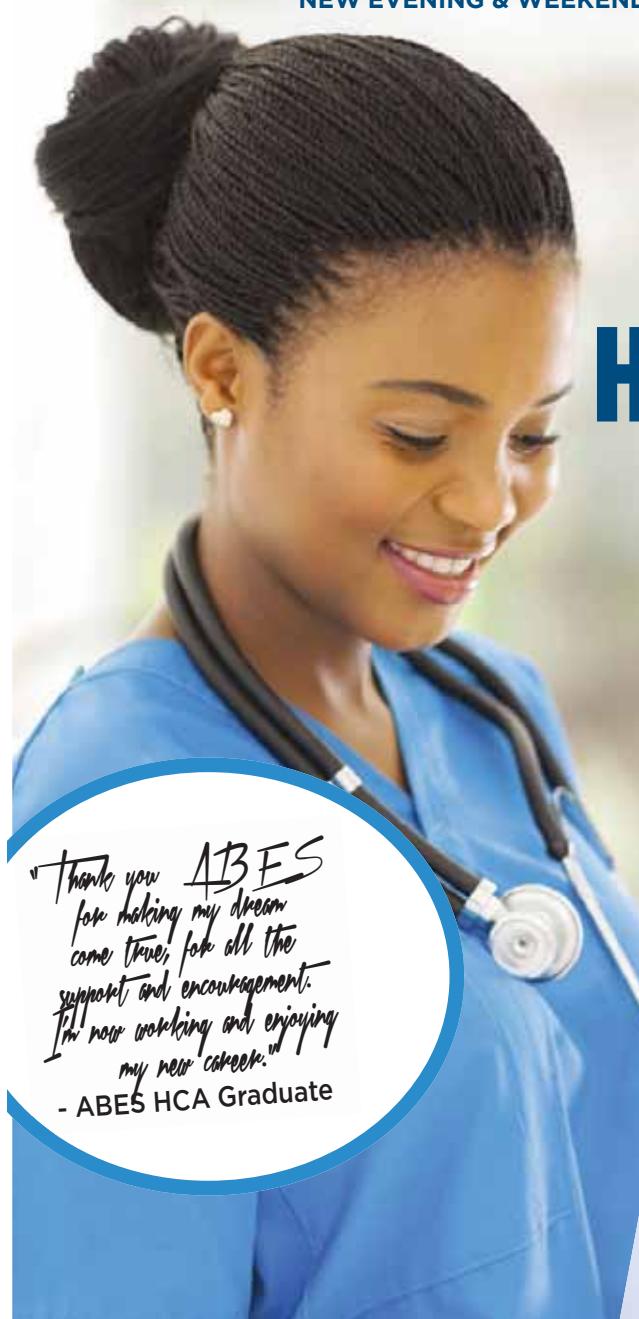
NEW EVENING & WEEKEND PROGRAM OFFERED

Abes
www.abes.ca

BECOME A

HEALTH CARE AIDE

A GREAT SCHOOL FOR
REWARDING CAREER



*"Thank you ABES
for making my dream
come true, for all the
support and encouragement.
I'm now working and enjoying
my new career!"*
- ABES HCA Graduate



IN LESS THAN
5 MONTHS!

**13 CERTIFICATE
PROGRAM
INCLUDING**

- Government of Alberta Health Care Aide
- St. Johns Ambulance [First aid, CPR, Automated External Defibrillator]
- Supportive Pathways, Foot Care, Diabetes, Medication Administration, Food Safe, WHIMIS, Palliative Care
- 3 Clinical Placements [Hospital placements available]

CALL 1.888.593.7025

Lawyer says Luka Magnotta isn't criminally responsible for murder

Montreal. Accused in notorious 2012 slaying of student Jun Lin suffers from schizophrenia, court hears on trial's first day

Luka Rocco Magnotta is schizophrenic and was not criminally responsible when he killed Chinese student Jun Lin in 2012, his lawyer told jurors Monday.

Magnotta has been diagnosed with borderline personality disorder and there is a history of schizophrenia in his family, Luc Leclair said on the first day of the highly publicized first-degree murder trial.

"I intend to show to you that at the time of the events, he was not criminally responsible," Leclair told the eight women and

six men who will hear the evidence.

His comments capped a stunning morning in the courtroom that began with Magnotta, 32, entering fresh not-guilty pleas to five charges, including murder.

Quebec Superior Court Justice Guy Cournoyer then advised the jurors that Magnotta had admitted to committing the crimes and that their task over the next six to eight weeks would be to determine his state of mind at the time.

Leclair revisited the matter as he spoke to the jurors.

"Mr. Magnotta has admitted the physical acts for each of the offences," he told them. "The other part to each charge is the mental part — so the defence will be focusing on that."

Leclair took the unusual step of addressing the jurors before the Crown had presented the outline of its

entire case. He said he wanted to ensure the jury didn't think it was simply "wasting its time."

The lawyer said a large number of medical files will be presented and he hopes that Magnotta's relatives will testify as well.

Crown prosecutor Louis Bouthillier told jurors he expects to show them the crimes were premeditated.

"The two words you should have in mind while listening to the evidence are 'planned' and 'deliberate,'" he said.

Magnotta was impassive as Bouthillier said the testimony of a journalist from England will indicate Lin's murder had been in the works for six months.

He said the reporter and his media organization received an email in December 2011 that shows Magnotta was intending to kill a human and film the event.



Diran Lin, father of victim Jun Lin, walks to the courtroom for the murder trial of Luka Rocco Magnotta in Montreal on Monday. Magnotta is charged with the death and dismemberment of student Jun Lin, but his lawyer said Monday that his client is schizophrenic and not criminally responsible. RYAN REMIORMZ /THE CANADIAN PRESS

"This email makes it clear that Mr. Magnotta was planning to kill a human being and that he was going to

make a movie," Bouthillier told the jurors.

He also said they will see Lin's last moments alive, im-

ages that were captured by a surveillance video at a Montreal apartment.

THE CANADIAN PRESS

You'll be Fort St. Drawn to it.
Discover the beauty of Fort St. John.

'In poor taste'

Sun Media offers on-air apology for Trudeau rant

Sun Media apologized on Monday for an on-air rant by Ezra Levant about Liberal leader Justin Trudeau.

The apology came at the beginning of Levant's Sun News Network show. It was read by a narrator and not Levant himself.

"It is the view of Sun News that this segment was in poor taste and should not have been aired," the narrator intoned, adding: "We apologize to Mr. Trudeau, his family and to our viewers." THE CANADIAN PRESS

Fighting extremism

Anti-radicalization booklet issued by Islamic groups

Islamic groups across Canada have issued a booklet aimed at helping parents recognize when their kids are at risk of being radicalized. The Islamic Special Services Association says the goal is to help get to young people before radical extremist groups. THE CANADIAN PRESS



A building in Rouleau, Sask., made famous by the hit TV series Corner Gas burned to the ground Sunday night. JOAN CLARKE/THE CANADIAN PRESS

Fire at the Foo Mart. Building made famous in Corner Gas burns down

A building made famous by the hit television series Corner Gas, about small-town Saskatchewan life, burned to the ground on Sunday night.

Grant Clarke, mayor of the small town of Rouleau, Sask., where the former CTV comedy was filmed, said hundreds of people watched as flames engulfed the building.

The structure was used as the local supermarket Foo Mart in the show that featured the fictional town of Dog River. It had become home to a business manufacturing orthopedics.

Clarke said the fire was reported around 5 p.m. as 180 people attended an anniversary party at the nearby town hall.

"Someone came in and said there's smoke coming out of the adjoining business," said Clarke.

The fire had grown quickly by the time emergency crews arrived.

"By that time, there was too much smoke and heat. Really they weren't able to get into the building."

Police said no one was hurt and no other buildings were damaged.

THE CANADIAN PRESS



Photo credit: City of Fort St. John



Escape from the big city and bask in the natural beauty of Fort St. John and the surrounding Peace Valley. The perfect getaway for outdoor adventure, from hiking in the fall to cross country skiing or snowmobiling in the winter.

Flights to Fort St. John from Calgary depart daily.*

Book today at westjet.com or call your travel agent.

WESTJET

Giving the Big 3 a run for their money

Competition Bureau.

A fourth national wireless carrier would mean lower prices, says senior economist

Introducing a new national wireless carrier in Canada would result in lower consumer prices, but regulators need to do more than simply cap wholesale roaming rates to make that happen, the competition watchdog has told the country's telecom regulator.

The Competition Bureau called for new wireless regulations as the Canadian Radio-television and Telecommunications Commission launched into yet another delicate juggling act aimed at ensuring that both consumers and industry players benefit from a healthy wireless marketplace.

In a second of three major hearings being held this fall, the CRTC began public discussions Monday over the health of what is considered the backbone of Canada's retail mobile services sector: the wholesale wireless market.

The bureau told the regulator it must act to prevent the big three wireless carriers — Bell, Rogers and Telus

Hold the phone

Despite the impression of some Canadians that they pay among the highest cellphone rates, consumers in many other countries pay more, said the蒙特利尔 Economic Institute.

- "Prices in Canada are lower than in the United States, Japan, and Australia," the institute said in a statement.

— from stifling any new competition.

"An additional nationwide carrier would increase choice, expand mobile wireless penetration in Canada ... and drive down the incumbents' average retail prices by about two per cent," bureau senior economist Patrick Hughes told the hearings.

The CRTC is examining whether more regulation is needed to taper or cap the wholesale rates cellphone carriers charge other wireless companies to allow their customers to roam outside of their home networks.

And while the commission is not examining the roaming rates consumers pay, Hughes told the hearings that wholesale and retail markets are inherently linked. **THE CANADIAN PRESS**

Market Minute

DOLLAR
89.66¢
(+0.01¢)

TSX
14,976.92 (-49.85)

OIL
\$94.57 US (+\$1.03)

GOLD
\$1,218.80 US (+\$3.40)

Natural gas: \$4.14 US (+\$0.11)

Dow Jones: 17,071.22 (-41.93)

A bailout, with strings attached

The Trump Taj Mahal Hotel and Casino in Atlantic City, N.J., is pictured in 2007. Opened in 1990, the hotel includes 1,250 guest rooms. Gambling has been legal in Atlantic City, one of the few such cities in the United States, since the first casino opened in 1978. Billionaire Carl Icahn is considering spending \$100 million US to save the Trump Taj Mahal casino from closing. But the offer comes with considerable strings attached: Icahn is willing to consider the bailout "if and only if" he gets big givebacks from the casino workers' union, steep tax breaks from Atlantic City and county, and \$25 million in funds from a New Jersey agency.

SAUL LOEB/AFP/GETTY IMAGES



Banks. U.S. government tried to regulate banking fees, so banks got creative

The penalty for using an ATM that is not affiliated with your bank went up 5 per cent over the past year in the U.S.

The average fee for using an out-of-network ATM climbed to a new high of \$4.35 US per transaction, according to a survey released Monday by Bankrate.com.

Overdraft fees also surged, rising on average over the past 12 months to \$32.74. That's the 16th consecutive record high, the firm said.

Chequing account fees have been increasing as lenders adjust to federal banking laws and regulations enacted after the 2008 financial crisis. Among the changes: limits on when banks can

charge overdraft fees on ATM and debit card transactions and a reduction in the fees that banks charge merchants for each customer who uses credit or debit cards for their purchases.

Lenders have responded by hiking overdraft and ATM fees, as well as increasing how much money customers must maintain in the bank to avoid chequing account fees.

"I expect fees to continue increasing in years to come, but at a modest pace consistent with what we saw this year, just as was the case prior to the onset of these regulations," said the chief financial analyst at Bankrate.com. **THE ASSOCIATED PRESS**

'Tis the season to shop?

Macy's is boosting staffing for holiday shopping season

Macy's plans to hire about 86,000 seasonal holiday workers across America to bolster its stores, call centres and distribution hubs, a 3.6 per cent increase from last year.

The department store chain, which also operates Bloomingdale's, said Monday that the growth is being fuelled by its expanding online business. This year, about 10,000 of the total 86,000 seasonal workers will be based in eight distribution centres across the U.S. Last year, that figure was 7,000, the company said.

"I expect fees to continue increasing in years to come, but at a modest pace consistent with what we saw this year, just as was the case prior to the onset of these regulations," said the chief financial analyst at Bankrate.com. **THE ASSOCIATED PRESS**

Holt Renfrew

The store for ladies who lunch opens a menswear shop

Holt Renfrew is preparing to open its first store devoted to menswear.

The Canadian luxury specialty retailer is launching Holt Renfrew Men, in downtown Toronto on Wednesday.

The two-level location is just steps away from the retailer's flagship Bloor Street store, and is part of its growth plan to expand its store network by 40 per cent.

Holt Renfrew president Mark Derbyshire says the move to open a men's store is part of the retailer's efforts to "redefine luxury."

THE CANADIAN PRESS

**The hardest part is making the call.
We're here for you after that.**

We're here to help you explore multiple debt solutions. We offer financial and credit counselling and free debt consultations. Call us and get a solution designed for you. Phone consultations are available.



Bruce Alger Marie Kozlowski Angela Lock



Call: 403 310 8888

Visit: GT.Alger.ca

Text: 403 482 9000



Grant Thornton

Proposal Administrator | Trustee in Bankruptcy

© Grant Thornton Limited. A Canadian Member of Grant Thornton International Ltd.

ELLO, IS IT ME YOU'RE LOOKING FOR?

Facebook celebrated its 10th anniversary back in February, which means many of us early adopters have spent over a decade with the now-ubiquitous social network. There have been plenty of growing pains along the way of course; in recent years, the loudest complaints from users have been concerns over privacy and the saturation of advertising.

Enter Ello, a new site hyping itself as the simple, beautiful and ad-free alternative to the world's largest social networking platform. Currently still in its invite-only stage, more than 35,000 people an hour are requesting to join the beta-phase bandwagon. Ello's uncluttered Tumblr-esque design features plenty of whitespace and is noticeably free of promoted posts and sponsored content.

The site doesn't have an "about" page; it has a rather dramatic anti-establishment manifesto intended to lure users away from Facebook by pointing out FBs pitfalls. "Every post you share, every



SHE SAYS
Jessica Napier
metronews.ca

friend you make and every link you follow is tracked, recorded and converted into data," it reads. "You are the product that's being bought and sold."

But isn't that always true, to a certain extent?

We rent out our eyeballs to advertisers every time we open a magazine, turn on the television or go to the movies. There's no such thing as a free lunch; someone is always going to try and sell you something, whether it's a product, a service, or an ideology.

Anyone who spends hours a day on a free website should forfeit any naive notions about privacy. It's your choice if you want to give up personal data in exchange for access to an open platform that allows you to connect with friends and family across the world, share and store images and send out party invitations with ease.

My own Facebook newsfeed is full of promotional content

hawking wedding rings and weight-loss supplements. You can tell what sort of top-secret personal information advertisers are gleaning from my account: oh, a woman in her 20s—she must be desperate to be married and thin!

I'm more inclined to laugh and roll my eyes than feel like my privacy has been violated. Like any good millennial Internet user, I've simply trained myself to gloss over the ads and recognize promoted content over the legitimate updates.

Ello promises that it will never collect or sell your data to third-party advertisers. The site plans to generate revenue through other methods such as charging users a fee to personalize their profile page or download value-added features. I guess time will tell if this strategy actually pays off. I suspect most of us won't be willing to pay for services we're used to getting for free.

Despite its radical proclamations of transparency and social revolution, Ello just seems like another online destination to add to our growing list of passwords to remember and profile photos to stress over.

Burn your demons



Indian workers prepare to transport effigies of mythical demon king Ravana as part of Dussehra festivities in Mumbai, India, Monday. The effigies will be burned at the end of the 10-day long festival symbolizing the victory of good over evil. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Good triumphs over evil at Dussehra festival

Dussehra, considered one of the most important Hindu festivals, is celebrated across Nepal, India and Bangladesh in various incarnations.

The festival celebrates Lord Rama's victory over the 10-headed demon king, Ravana. The day also marks the

Goddess Durga's triumph over demons.

This year's festival kicks off Tuesday. It is usually celebrated in September or October on the 10th day of the month of Ashwin, according to the Hindu lunisolar calendar, with nine days of celebrations leading up to it. This corresponds to the Indian harvest season.

To ensure the renewed productivity of the soil, the Mother Goddess is said to be invoked.

Many people of the Hindu faith observe the celebrations through social gatherings and food offerings at home and in temples throughout India and Nepal. Parades are also held and effigies of Ravana are burned at bonfires. METRO

Etymology

- **Dasha (sun)**
Hara (defeat)

The name Dussehra is derived from Sanskrit. It can be translated as "remover of bad fate."

MetroTube

Meowy wowy

ANDREW FIFIeld
andrew.fifield@metronews.ca

It's not for us to tell you how you should go about enjoying a video of adorable kittens in tiny cowls performing stunts and plotting violence. But we would be remiss to not point out how the details—the guards doing nothing at all, dramatic leaps into haystacks—point to a genuine affection for the Assassin's Creed series. If you're into this, there's a whole lot more where it came from at youtube/mrtvcow.



SCREENGRAB

Twitter

@metropicks asked: Girl meets girl. Girl falls in love and proposes at Brooklyn Bridge but loses ring, dropping it forty feet. Girls crestfallen. NYC cops find ring. Girls thrilled. What's your best lost and found story?

@SudioC: My dad lost wedding ring raking leaves. It was found the following June, on wedding anniversary, after he died.

Join the conversation @metropicks.



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 11 in Scene.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
3. Voilà! You should see the AR in action.





Transformers: Age of Extinction

Director: Michael Bay

Stars: Mark Wahlberg

• • • •

Transformers: Age of Extinction, the regrettable fourth emission from Michael Bay's robot alien movie franchise, is long, loud and really stupid.

With a whole new cast of humans plus some additional robots, featuring Mark Wahlberg as lead gawker replacing the skedaddled Shia LaBeouf, director Bay has essentially rebooted his own series.

But with a bloated running time of 165 minutes, neither he nor screenwriting accomplice Ehren Kruger seems to understand or care where this noise goes anymore.

This is a property known for huge explosions and clanking machinery, and if that's what you want, Age of Extinction has plenty. As for intelligence, wit and genuine thrills, not so much.

Surrounding these ear-bashing bots are a gaggle of dumbfounded and/or malevolent humans and, frankly, everyone here is as boring as a tax seminar.

As a character says all too knowingly, something Bay should take to heart: "Tank's empty, bro."

PETER HOWELL



SHOWHOMES NOW OPEN

Edison

AT WALDEN

INNOVATIVE SOUTH CALGARY TOWNHOMES
WITH 2 CAR GARAGES
FROM THE \$300'S
QUICK POSSESSIONS

aviurban.com/edison | 285 WALDEN DRIVE SE | 403.536.7236

*Artist rendering. Possession subject to availability. Prices subject to change without notice. E&OE.

AU
AVIURBAN
A MULTI-FAMILY
DIVISION OF
Home by AVI



Lykke Li is Sleeping Alone and OK with it

I Never Learn. Swedish singer talks songwriting and growing up

KASIA
PILAT
Metro in Boston

The day before she kicks off a three-month tour, Lykke Li is in Seattle, about to rehearse for her performance at the Moore Theatre the following night. Any musician would certainly feel some pressure facing such an intimidating tour schedule: 26 cities in 47 days, down both coasts of the States with a night in Canada and one in Mexico before eight nights in Germany, France and the U.K. But if Li feels it, she sure isn't letting it show.

"When I write, I just write whatever I'm feeling and I try to not censor myself, as I know that the truth is the most powerful," the 28-year-old Swedish chanteuse tells us of the songwriting habits that led to her three full-length albums: 2008's compelling breakout debut *Youth Novels*, 2011's *Wounded Rhymes* and *I Never Learn*, released earlier this year.

The albums were all met with across-the-board critical and popular acclaim, but it would be unfair to reduce Li's success to her having figured out some sort of tried-and-tested formula — the perfect combination of salty and sweet, a balance between defiance and compliance that defines her signature sound, like the dancy *I'm Good, I'm Gone*, off her debut album. In the end, at the

core of Li's music there is pure, unrestrained honesty.

I Never Learn completes a truth-telling trio of albums, the last of three Li was contracted to make when she signed her record deal with LL Recordings. "I made a choice early on,

on my first record, to write very biographically about the pains and hardships and being a young woman, and I think that this time between 21 and 27 are really kind of what defines you, what's going to define who you become, so I real-

Mmmm

Music, movies, modelling and... mezcal?

- In addition to a contract with VIVA Model Management agency, an acting gig in the Swedish crime film *Tommy* and an appearance on U2's *The Troubles*, Li plans to start a mezcal company. But her music is never far from her mind.
- "I always want to grow as a songwriter. So whenever I'm done with a tour, I'm going to write songs about my feelings."

ized I already started making a trilogy subconsciously and then I ended it with *I Never Learn*," she says.

In *I Never Learn*, Li airs out a range of sentiments that, in the hands of a less talented songwriter, could quickly have devolved into self-absorbed indulgence.

But hurt, shame, sadness, guilt and longing are her songs' specialties, and the album wraps up neatly with the closing track, *Sleeping Alone*, where Li seems to give in to her gut feelings once and for all. "Love was my shoreline / I stare myself blind / Now was not out time / No I let you down" is a long way from the *Youth Novels* of six years ago.

"That's what naturally happens to you as a woman, you are someone at 21 and you're someone else at 28, hopefully," says Li. "And hopefully you've lived and learned and crashed and burned."

2
SCENE

Will Sleepy Hollow suffer sophomore slump?

Second season. After coming off a bold debut that exceeded expectations, series settles into a more character-driven collection of episodes

Sleepy Hollow was renewed after just three episodes last year, and star Tom Mison, who plays Ichabod Crane, calls the new season "the tricky second album."

"Last season people were ... expecting us to be terrible," Mison says of the mythical drama.

"Let's be honest ... (the show's premise is) quite a bold idea. Last season: low expectations. This season: high."

Set in the present, Crane awakens after being killed in the Revolutionary War. He must adjust to the new time period, battle the headless horseman and prevent the apocalypse with the help of police Lt. Abbie Mills (Nicole Beharie). He's also trying to

Watch it

- Sleepy Hollow airs Mondays at 9 ET/PT on Global, and is available online Tuesdays at globaltv.com.

reunite with his wife, Katrina.

Beharie says Sleepy Hollow will be more character-driven this season.

"This year it's a lot more personal, and there are a lot of questions about (whether Ichabod and Abbie) can remain loyal to one another and to their cause," she says.

Some fans are rooting for a romantic link to develop between Ichabod and Abbie. "He's a guy, I'm a girl, and they're like, 'There should be kissing involved,'" Beharie says with a laugh.

"I didn't see that happening. Not at all ... That happens in some shows, but they're sort of focused on saving the world and the apocalypse, so I don't see Abbie wanting to

fight over the same romantic guy in any way."

Various Sleepy Hollow-themed books are in the works. The first, *The Secret Journal of Ichabod Crane*, is now in stores.

Beharie would like to do a pop-up themed episode, where various behind-the-scenes facts about filming appear on the screen during different scenes.

Sleepy Hollow is filmed in Wilmington, N.C., which Mison says can be "very close to unbearable" when the weather is very humid.

"The noises that I make when the wig comes off and that coat comes off," he joked. "I've never experienced joy like it." **THE ASSOCIATED PRESS**

Quoted

"Let's be honest ... (the show's premise is) quite a bold idea. Last season: low expectations. This season: high."

Tom Mison, who plays Ichabod Crane on *Sleepy Hollow*



Nicole Beharie as Abbie and Tom Mison as Ichabod in Season 2 of *Sleepy Hollow*. CONTRIBUTED

Mentoring him could be the start of something big
- like a rise in

literacy



start something with a
donation of time or money at
bigbrothersbig sisters.ca



[Big Brothers Big Sisters.ca](http://bigbrothersbig sisters.ca)



Lindsay Lohan ALL PHOTOS GETTY IMAGES

Relatively speaking: Lohan's got a go-to answer for cranky critics

Lindsay Lohan is countering critics of her West End debut, *Speed-the-Plow*, with a point that's really, really hard to refute: It could've been so much worse. While some have focused on flubbed lines and uninvited audience laughter during her first week of previews, "It could've been a disaster — but it wasn't by far," Lohan tells the Daily Mirror. "I could've not shown

up. But of course I did, it's my show. I'm doing the best I can and will for the duration." If you say so! The best part? It's a rhetorical device you can employ in your own life. The next time your boss is disappointed in your performance, simply offer back that at least you didn't release rabid land-sharks into the office. Manage expectations, people. Manage expectations.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

London calling: Pattinson says Cali's starting to lose its cool



NED EHRBAR
Metro in Hollywood



Brad Pitt

Brad's philosophy of blah: According to actor, life is the Pitts, until it isn't

spend more time in London, or just move around a bit more. I've been in L.A. for six or seven years or something, and it's weird. The more you stay there, especially as an actor, the more you think you need to be there, that you'll be missing out on something by leaving, but you are not, really."

L.A., stop scaring off all the sensitive British boys, or the U.K. will start sending back the celebrities it agreed to take off our hands.

It's coming up on Oscar season, and Brad Pitt has a big Second World War drama, *Fury*, coming out that he hopes folks will see. So naturally that means it's time to talk to GQ about his personal life. Like his recent marriage to Angelina Jolie. "I wouldn't say (marriage is) just a title.

There's more to it than that," he tells the magazine. Yes, but is he happy? "I've always believed happiness is overrated, you know?" he says. "It's those difficult times that inform the next wonderful time, and it's a series of trade-offs, of events, of wins and losses." OK...



EBOLA OUTBREAK THREATENS LIVES

THERE IS NO CURE. PREVENTION IS THE ONLY WAY TO SAVE LIVES.

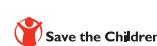
Your help is urgently needed to stop the spread of this highly contagious disease.

Your gift will help provide life-saving, disease-containment programs, large-scale, public-health promotions and direct support for affected families.

PLEASE DONATE NOW.

**HUMANITARIAN
COALITION**

Together saving more lives



The cost of this ad has been generously donated by:



CRISIS ALERT: Donate online at together.ca or call 1-800-464-9154

Embrace the changing season

Our bodies respond to the fluctuations in the seasons, so we have to make alterations to our routine, diet and supplement regime. The Canadian Health Food Association (CHFA) has tips to help you prepare for the shorter, colder days ahead.

NEWS CANADA

Eat in season

With the arrival of autumn, it's always a good idea to change up your diet, adding the delicious foods that the season offers. Fresh pumpkins, yams, squash, sweet potatoes, turnips, apples, pears and figs are all rich in fibre, vitamins and minerals. Pumpkins, squash and root vegetables are abundant in vitamin A and carotenoids, which give them their rich orange colour. Vitamin A and carotenoids are powerful anti-oxidants that can help prevent premature aging and a number of serious illnesses. Make sure to consult The Dirty Dozen and the Clean 15 online to know which fruits and vegetables are the most and least contaminated by pesticides.



Detox and supplement in season

We think of spring as the perfect season for cleansing and spring cleaning, but it's just as important in the fall.

A fall detox cleanse will help to stave off seasonal colds, keep your immune system healthy, and prepare you for the colder months ahead.

Visit your local health food retailer, where you can find a number of detox solutions, including teas and supplements, as well as several fall detoxifying foods, such as organic apples and beets.

With the changing season, now is also the perfect time to boost your immune system. As we start spending more time indoors, cold and flu bugs spread with more ease. Garlic pills, probiotics, vitamins B, C and D, E3 and Zinc are all powerful supplements that will help boost your immune system and help you fight off the nasty bugs that spread in autumn and winter.



Boost your mood this season

As many as 20 per cent of Canadians are affected by seasonal affective disorder (SAD); commonly known as the winter blues. This is a physiological mood disorder that causes depressive symptoms during fall and winter, impacting people that have normal mental health throughout the rest of the year. To cope with the blues, make sure you are getting enough vitamin D, which is known to boost mood. In fall and winter, we can't produce this vitamin because of the lack of exposure to UV rays from the sun. It's a good idea to talk to your healthcare practitioner about the benefits of taking a vitamin D supplement.



Embrace the season

In between the rainy and windy days of autumn, the sun peeks through just as often. Fall days are made more beautiful with changing leaves and the warm sun. Autumn is filled with beauty. Embrace it and enjoy it before the long cold weather takes over. Take part in fall activities with your family, such as apple picking or local fall fairs.

YOU CAN LOCATE YOUR NEAREST NATURAL HEALTH FOOD STORE, WHERE YOU CAN FIND FRESH SEASONAL FOODS AND LEARN MORE ABOUT BENEFICIAL NATURAL HEALTH PRODUCTS FOR THE FALL ONLINE AT CHFA.CA.



ENTER AND YOU COULD **WIN FREE FUEL FOR BACK TO SCHOOL**

AT INSTALOANS.CA/FREEF
AND VISIT US IN-BRANCH FOR YOUR CHANCE TO
WIN YOUR LAST FILL-UP



*NO PURCHASE NECESSARY. Transaction not required to participate in the Contest. Contest ends 9/30/14. For complete contest rules ask at any branch or visit www.instaloans.ca.

BC LICENCE #: 50040 ALBERTA LICENCE #: 333012

THE HANDY POCKET VERSION!

Get the news as it happens



Download the Metro News App today at metronews.ca/mobile

metro



Low-carb versus low-fat

Diets. Which one actually works? Both

It's a question that bedevils dieters on a regular basis: Is a low-fat or a low-carb diet the true path to weight reduction?

A new study suggests either will do — so long as you work at whichever one you choose.

The study is what is called a meta-analysis; it groups and re-analyzes data from 48 different randomized trials of diets.

The work was done by researchers at Toronto's Hospital for Sick Children, McMaster University and a number of other institutions in Canada and the United States.

The authors say that of the so-called branded diets, those that espouse a low-fat or a reduced-carbohydrates approach work better than the others.

But when those two approaches are compared, the results are more or less equal.

"Our research has shown that ... low-carbohydrate and low-fat diets result in the most weight loss, about 18 pounds (8.2 kilograms) in six months and 16 pounds (7.3 kg) in 12 months, and there's very small differences between the two," says first author Bradley Johnston, a senior scientist at the Hospital for Sick Children's Research Institute.

The publication of the work — in the Journal of the American Medical Association — is timely. A study recently published in the Annals of Internal Medicine reported people who eschew carbs and eat more fats lose more weight than people who follow a low-fat diet.

Johnston acknowledges it



Both low-fat and low-carb diets work if you commit to them. CONTRIBUTED

is hard to interpret dietary science. So he and his colleagues set out to see what the compilation of studies reveals.

He says findings make it clear these diets can lead to weight loss, if people do the work. That said, the results were modest. The median weight loss for people following a low-carb diet was nearly nine kilograms at six months; the median loss for low-fat diet followers was eight kilograms. At 12 months, both groups

slipped a bit to just more than seven kilograms for both diets.

"For those who believe that they don't work, short-term, this evidence suggests that they do. And we need a lot more research in terms of the long-term effectiveness of these types of interventions and we need to look closely at adherence," says Johnston. "If they're relatively equal, then you should choose something that you feel that you can adhere to." **THE CANADIAN PRESS**

To hear from Erica herself, scan her photo with your Metro app.



56% of women feel negative when asked their age.

Shouldn't every age feel beautiful?

Erica, 53 today

Join us for a celebration of beauty at every age, including ours. And get 50% off your third Dove product. DoveBeautifulAge.ca



Stress. It can hurt your unborn baby

Mothers know to try staying calm during pregnancy, as stress has been linked to behavioural and developmental problems for their babies. But now, a new study found that it also increases the risk for allergy-related asthma.

Stress hormones called glucocorticoids work to reduce inflammation; synthetic

versions are used to treat allergic reactions. But when these same hormones are present in the body of a person who's under chronic stress, they can trigger allergic responses instead of fighting them. Pregnant women have naturally higher levels of these hormones.

In the study, published in

the American Journal of Physiology, doctors exposed groups of pregnant mice to either a single bout of stress, a synthetic hormone to mimic a stress response, or an inhibitor to block the release of stress hormones. The offspring of all the mice were exposed to allergens after birth.

EVA KIS, METRO IN NEW YORK

In celebration of beauty at every age, **get 50% off** your third Dove product.*



Dove | 50 **beautiful years**

*Third product must be of equal or lesser value to the lowest priced product purchased. This includes Hair Care, Anti-Perspirant, Personal Wash and Bar, and excludes Dove Men+Care. Not applicable to drugs sold in Quebec pharmacies. Coupon must be presented at time of purchase. Offer is only available Sept 9 – Oct 28, 2014.

TO THE DEALER: Unilever Canada will reimburse you for the face value of this coupon plus our specified handling fee provided it is redeemed by your customer at the time of purchase of the item(s) specified and you and your customer have complied with all the terms of this offer. Other applications may constitute fraud. Failure to send in, on request, evidence that sufficient stock was purchased in the previous 90 days to cover coupons will void coupons. Coupons submitted become our property. Redistribution, sale, or publication/dissemination of this coupon/offer in any manner or through any channel not expressly approved by Unilever in writing is strictly prohibited. No facsimiles. For redemption, mail to: Unilever Canada, P.O. Box 1600, Pickering, Ontario L1V 7C1.

TO THE CONSUMER: Provincial Law may require the retailer to charge the applicable tax on the full value of the purchase(s) before the reduction in coupon value. GST, HST, QST and PST are included in the face value, where applicable. Unauthorized reproduction of this coupon is unlawful. Limit: one coupon per purchase. No facsimiles. Offer valid at participating stores in Canada only and may not be combined with any other offers. **Expiry Date: October 28, 2014**



8 9 2 8 9 2 3 5

For dinner this week, try chicken with a whisper of sweet nothings

Health Solutions

If it looks and tastes like sugar, it could be Xylitol



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

With the World Health Organization recommending a reduction in sugar to a daily maximum of six teaspoons, you want to find every way possible to cut it out. And many will max out before they even finish their coffee quota.

As far as artificial sweeteners go, some may contribute to blood-sugar levels. Other common complaints are how some leave a bitter taste and can't easily be used in baking. Hmm.

Have you heard about Xylitol? It's derived from the sugar molecule, but only has one portion of the entire composition.

The net result is that it's lower on the

glycemic index, which makes it safe for diabetics. It also has 33 per cent less calories than sugar.

Canada-born Xyla (xylitol's consumer-friendly name) is derived from hardwood and "is an easy and all-natural way to indulge in your favourite sweets without all the calories and blood sugar spikes," says Julie Reid of Xylitol Canada Inc.

"Xyla looks like sugar, tastes like sugar and bakes like sugar and can be swapped 1:1 in any recipe."

But unlike sugar, there are actual benefits to its consumption.

It blew me away to discover that Xyla protects tooth enamel by changing the pH of saliva. It has also been shown to prevent ear infections in children.

Xyla is used in products like sugar-free ketchup, toothpaste and mouthwash. Sounds like a good swap to make just before the Halloween Sugar Cavity Monster comes knocking.

TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



START TO FINISH
30 MINUTES

This recipe serves four. THERESA ALBERT

Sugar-Free Sweet Garlic Chicken

Classic Asian-inspired flavours make this dish an ideal weeknight option

THERESA ALBERT
myfriendinfood.com

This recipe uses Xyla, a low glycemic, all-natural sugar substitute that tastes and bakes just like sugar —

without the calories, cavities or blood sugar spikes.

It is a quick and simple one-pot meal that starts on the stovetop and results in a sticky, sweet Asian flavoured meal.

1. Preheat oven to 425 F.

2. Preheat a cast iron skillet and rub with oil. Brown the chicken drumsticks over high heat and remove, set aside. Wipe any fat from pan and add the sliced mushrooms to brown. Stir in peppers.

3. For the sauce, mix together Xyla, ginger powder, soy sauce, sesame oil and water.

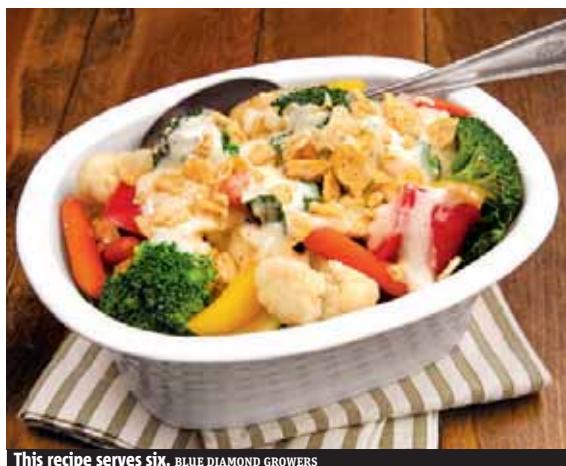
4. Add chicken back to pan and pour sauce over. Turn chicken in mushroom-sauce mixture and place into oven to bake

for 15-20 minutes until cooked through. Serve with steamed rice.

TERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 1 tsp grapeseed oil
- 2 lbs chicken drumsticks
- 1 lb sliced mushrooms
- 2 red bell peppers, chopped
- 1/8 cup Xyla
- 1 tsp dry ginger powder
- 1/8 cup low sodium soy sauce
- 2-3 drops sesame oil
- 1/4 cup water



This recipe serves six. BLUE DIAMOND GROWERS

How totally cheesy of you

This easy, cheesy veggie dish will satisfy even picky eaters. Try Gruyère, Emmenthal or Swiss cheese, depending on your family's preference.

Ingredients

- 1/4 tsp (1 ml) herbs de Provence
- 1 cup (250 ml) shredded Swiss Light cheese
- Garlic salt and pepper, to taste
- 6 cups (1.5 l) bite-size chunks fresh vegetables (such as bell peppers, broccoli, cauliflower, squash, carrots and torn fresh kale)
- 12 Blue Diamond® Almond Cheddar Nut Thins crackers, crushed
- 1/4 tbsp (15 ml) butter
- 1 tbsp (15 ml) flour
- 3/4 cup (175 ml) Almond Breeze® Original
- 1 tsp (5 ml) Dijon mustard
- 1 tsp (5 ml) onion powder

1. Melt butter in a small saucepan over medium heat. Add flour; cook and stir for 1 minute. Whisk in almond beverage until smooth then add

Dijon, onion powder and herbs. Cook over low heat for 5 minutes to thicken slightly.

2. Add cheese, a little at a time,

cooking for 2 to 3 minutes or until cheese is melted, stirring frequently. Season with garlic salt and pepper and set aside and keep warm.

3. Place vegetables in a medium glass bowl and add 1/2-inch water. Cover and microwave on High for 6 minutes or until crisp-tender. Drain well and transfer to a serving bowl. Pour warm cheese sauce over top and sprinkle with crushed crackers. Serve immediately.

BLUE DIAMOND GROWERS

Decor for shared off-campus digs

Getting your stuff together.

Practical decorating solutions for living with housemates include lots of storage and multi-use pieces

For college kids who move off-campus, learning to accommodate the styles and needs of housemates is good practice for life after school.

Take Erica Weidrick and Caitrin Curtis, upperclassmen at the University of North Carolina, who are moving into a new townhouse with a third friend. While they'd all been living together for a year already in a dorm, they wanted some organization and style help with this new arrangement.

Here are some typical problem areas, with advice from two designers on how to solve them:

Front door dump



A wall shelf with hooks and cubbies helps keep things organized.

TARGET/THE ASSOCIATED PRESS

"We all come in and just drop our stuff in a pile, and sometimes mail gets lost or keys disappear — usually when we're late," says Weidrick.

Veronica Valencia, a Los Angeles-based designer and stylist, suggests setting up a



Trunks in a common living space can serve as mini individual dining tables, storage for blankets and out-of-season items, or as tidy-up receptacles when guests arrive. PBTEEN/THE ASSOCIATED PRESS

bin for each housemate, and not allowing any overflow.

"It's true, we hit the front door and everything we've been hauling all day falls to the floor," says Valencia, who blogs at DesignHunterLA.com.

"If it doesn't fit in the bin, you have to put it away immediately," she says. "I love fabric bins or wood crates. If you have an entry table, consider fabric wrapped magazine boxes, one for each person."

Weidrick and Curtis also liked a wall shelf with hooks and small baskets for keys and mail.

Common area clutter

"The living room is a challenge because that's where we spend most of our time, so it's where most of our junk ends up. It's hard to keep a shared space organized when everyone is coming and going at different times," Curtis says.

Decorate with decals

"If you're not planning on painting your walls, identify one to decorate with removable wall paper or decals."

PB Teen vice-president M. Elodie Froment

What they need is stylish storage where the clutter can hide when company comes.

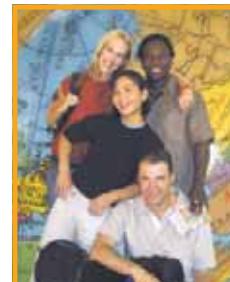
Valencia's fix: "Two words: Storage ottomans!"

Consider an ottoman in faux leather or suede, with a flip-top tray that can be used as a resting place for TV remotes, phones and snack dishes. Clutter can be scooped inside when the need arises, and, voila! The ottoman provides extra seating.

M. Elodie Froment, PB Teen's vice-president, product development, suggests using a pair of trunks.

NEED COOL DESIGN TIPS?

Read metrohome every Thursday.



Adventure! Teach English Overseas

> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: October 22nd- 26th, 2014
Next Seminar: October 9th, 2014 @ 7pm
Travelodge University Hotel - 2227 Banff Trail NW
www.globaltesol.com



"They're great because you can store extra blankets and other essentials."

Trunks come in a variety of finishes that can appeal to guys and girls.

Common area style

"We all want our shared space to be warm and relaxed, like our bedrooms," says Curtis. "But the living room and kitchen are supposed to be social spots, and it's nice to be able to change the atmosphere from 'just chilling' to 'hosting a party.'"

Valencia's answer is to "think in terms of movable and modular. Add floor pillows so your coffee table can accommodate a study group, and poufs for extra seating on movie night."

She suggests sharing Pinterest inspirations and finding styles and patterns that all the housemates can live with. Your own room's where you'll be able to put your personal stamp.

For common areas, Froment says, "Pick a neutral colour scheme for the lar-

ger furniture items, and add splashes of personality with decorative pillows, art and decor. If you're not planning on painting your walls, identify one to decorate with removable wall paper or decals."

If floors are bare, add a rugged nylon rug in a bold geometric or floral. If you can't afford or agree on artwork, the rugs bring pattern to the floor and give rooms a finished feel that's a little more grown-up.

Weidrick and Curtis like ambient lighting that will turn down the stresses of school.

Froment suggests a fun floor lamp, perhaps pairing it with a playful wall light. "Accent with string lights for a soft glow," she says.

THE ASSOCIATED PRESS

Bedroom space

In bedrooms, Valencia follows the "3H" rule of organizing: "Hamper, hooks and a hanging closet organizer."

Become a Health Care Aide in less than 5 Months

New to Canada? Looking for a great career with better pay, ABM College can help!



We help you receive Government funding & scholarships

- ✓ We offer Alberta Government approved programs, that lead to a rewarding career
- ✓ Funding and employment services available
- ✓ Clinical Practicum included
- ✓ Flexible class schedules: Mornings, Afternoons, Evenings and Weekends

ABM COLLEGE

403.719.4300
3880 - 29 Street NE, Calgary
www.abmcollege.com

Hurry! 10 Job Ready Programs Starting Soon

Health Care Aide • Medical Office Assistant & Unit Clerk
Pharmacy Assistant • Massage Therapy • Esthetics • Legal Assistant
Business Administration • Hospitality Business Management
Accounting & Payroll • Oil and Gas Administrative Assistant

A's, Royals went all in for this moment

MLB. Marquee starters set to square off in Kansas City with spot in ALDS on the line

The Kansas City Royals made one of the boldest trades in franchise history two years ago. The Oakland Athletics made a similarly aggressive move just a couple of months ago.

The results of both will be in the spotlight Tuesday night.

For the Royals, it's "Big Game James" — James Shields, the centrepiece of a deal with the Tampa Bay Rays that finally pushed the long-downtrodden franchise into the post-season for the first time in 29 years. For the A's, it's Jon Lester — the post-season star of the Red Sox last season who was acquired by Oakland at the trading deadline just for this moment.

The one-game AL wild-card playoff. The winner advances to face the Los Angeles Angels in the best-of-five division series Thursday. Loser goes home.

"I've only been here for two years," Shields said Monday, "but when I got traded over here, I knew the magnitude of what this organization was headed for. And when I got here, walking around the city and talking to the fans and really relishing the 29 years, it's a special moment."

The teams share plenty of similarities: Pop-gun offences backed by strong starting pitching and two of the dominant bullpens in baseball.

They also share a significant difference: Oakland has plenty of post-season experience, mak-



Starting pitchers Jon Lester, left, and James Shields were brought onto their respective teams at great cost for situations such as Tuesday night's wild-card playoff game in Kansas City, Mis. LEFT: EZRA SHAW, RIGHT: JAMIE SQUIRE/GETTY



Kansas City's kryptonite?

3-0

Jon Lester went 3-0 with a 2.61 ERA against the Royals this season, winning twice in a span of a couple weeks with Oakland. He also no-hit Kansas City in 2008.

ing it three straight years, while Kansas City has languished near the cellar for decades.

That's the biggest reason Royals general manager Dayton Moore got Shields and reliever Wade Davis prior to last season, trading soon-to-be AL Rookie of the Year Wil Myers and pitching prospect Jake Odorizzi to Tampa Bay.

Shields has delivered, pitching to a 2.31 ERA this Septem-

ber, and the Royals have won four of his starts in some high-pressure games.

"If you sit back and look at it, it means everything. It was the trade that got us over the hump," Royals manager Ned Yost said. "Would we be in this situation without James Shields and Wade Davis? No. In my mind, the trade did exactly what we hoped it would do."

A's general manager Billy Beane had been stung by post-season disappointments, and he coveted a horse for high-leverage games.

The move Beane made for Lester on July 31, shipping slugger Yoenis Cespedes to Boston, raised eyebrows around the league. And while the Oakland offence took a hit, Lester has

done his part. He is 6-4 with a 2.35 ERA in 11 starts since he arrived in the Bay Area.

Now, he gets another opportunity to pitch in the post-season.

"We have a great opportunity ahead of us," said Lester, who some thought should have been the MVP of last year's World Series, when he went 2-0 with an 0.59 ERA against St. Louis.

Tuesday night will mark Lester's 12th start and 14th post-season appearance.

"We're going to give it the best shot we can and hopefully at the end of the day we're doing this again," he said. "You never know what's going to happen. This could be my last chance." **THE ASSOCIATED PRESS**

NHL

Odds not good for Canadian teams

During last season's playoffs, Canadiens players couldn't help but wonder how Montreal might respond if the team won the Stanley Cup.

P.K. Subban has thought about it.

"It's scary," the 2013 Norris Trophy winner said. "It's scary in a great way. How passionate those fans are, the province, it's scary."

Oddsmakers think the current landscape across Canada is scary in a bad way and are betting that the country's Stanley Cup drought will extend to 21 seasons. But among the seven teams, the Habs have the best odds of ending it at 18 to 1, according to Bodog.ca.

The Vancouver Canucks are 33-1, Toronto Maple Leafs 40-1, Edmonton Oilers 50-1, Ottawa Senators and Winnipeg Jets 66-1 and Calgary Flames 75-1.

THE CANADIAN PRESS

CFL

Eskimos sign up receiver Jackson

The Edmonton Eskimos announced the signing of veteran wide receiver Paris Jackson on Monday.

Jackson has 426 catches for 5,791 yards and 31 touchdowns in 188 career games with the B.C. Lions (2003-13) and Ottawa Redblacks (2014).

Jackson was selected by B.C. in the first round (sixth overall) of the 2003 CFL Canadian draft.

The six-foot-three, 215-pound Vancouver native is a two-time Grey Cup champion (2006, 2011). **THE CANADIAN PRESS**

Surgery for Harris after rough night in Calgary

The B.C. Lions lost more than just a key West Division game Saturday night to the Calgary Stampeders. The Lions announced Monday running back Andrew Harris and receiver Bryan Burnham had been placed on the six-game injury list following B.C.'s 14-7 loss to Calgary at McMahon Stadium.

Harris will undergo surgery Tuesday to repair a dislocated left ankle while Burnham is out with a lacerated spleen. Both are expected to miss the remainder of the

regular season.

The loss of five-foot-11, 213-pound Harris is a significant one for a B.C. team already missing starting quarterback Travis Lulay. The Winnipeg native is ranked fifth in CFL rushing with a team-high 652 yards and is averaging a solid 5.3 yards per carry. He has also run for two touchdowns.

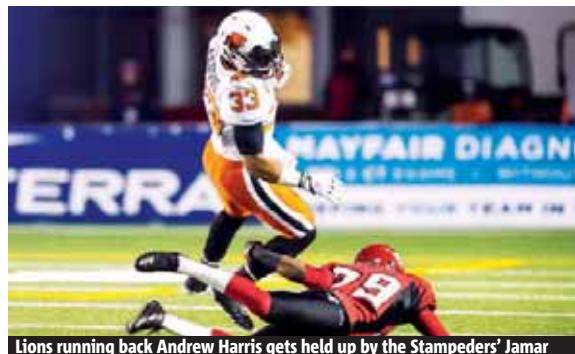
But Harris is also a solid receiver, having recorded 46 catches for 529 yards (11.5-yard average) with four touchdown grabs.

Harris rushed for 76 yards on 12 carries against Calgary and added six catches for 29 yards.

Harris, in his fifth CFL season, was hurt in the fourth quarter Saturday and required assistance to leave the field.

With the loss of Harris, Stefan Logan is expected to get the start when the Lions (7-6) visit the Hamilton Tiger-Cats on Saturday. Logan has rushed for 508 yards and a touchdown this season.

THE CANADIAN PRESS



Lions running back Andrew Harris gets held up by the Stampeders' Jamar Wall on Saturday at McMahon Stadium. DEREK LEUNG/GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your
Metro News app for today's
crossword and Sudoku answers.
It's OK. No one's watching.



→ See the full
instructions
on Metro's
Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

No matter how hard it may be to master a new technique you will do so eventually, so keep at it and don't give up.

♉ Taurus

April 21 - May 21

Make an effort to tackle routine matters today. Yes, of course, they are boring but if you don't get them out of the way now they will continue to nag at you.

♊ Gemini

May 22 - June 21

Don't stay silent just because you worry you might upset someone who has the power to make life difficult. Chances are they respect your opinions more than you realize.

♋ Cancer

June 22 - July 23

You need to think deeply about important matters today but you also need to keep whatever conclusions you reach to yourself, at least for the time being.

♌ Leo

July 24 - Aug. 23

Why are you worrying so much about what might go wrong when just about everything in your life is going right? Maybe you fear your lucky streak will end. It won't.

♍ Virgo

Aug. 24 - Sept. 23

A complicated and confusing situation will get even more complicated and confusing. So the best thing you can do is focus on something else.

♎ Libra

Sept. 24 - Oct. 23

You know what needs to be done to improve a relationship — so do it. A week from now, a lunar eclipse in your opposite sign will challenge both of you, so make sure the bonds of love are strong.

♏ Scorpio

Oct. 24 - Nov. 22

Don't give up on a new enterprise because it is more difficult than you expected. You know the more you practice something, the easier it becomes, so give it time.

♐ Sagittarius

Nov. 23 - Dec. 21

You may find it hard to put your point of view across today, but that's okay. There is nothing that needs to be said. Read more, talk less!

♑ Capricorn

Dec. 22 - Jan. 20

You are in a serious mood at the moment and may even be searching for the meaning of life. Something right in front of you will answer all those deep questions you have.

♒ Aquarius

Jan. 21 - Feb. 19

You have no end of talent but you need to add patience and hard work to the mix if you expect to be a success.

♓ Pisces

Feb. 20 - March 20

There will be moments today when you wonder if your efforts are truly appreciated but don't let the apparent indifference of friends and loved ones get you down.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Allan __, Republic of Doyle star
6. Intertwine
10. Valerie __ (Officer Wendy Sung on Motive)
14. Literature's T.S.
15. One being conned
16. Customer's slip [abbr.]
17. Aware
18. #10-Down's team, Cleveland __
20. Edible seaweed
21. Red Hot Chili Peppers' Anthony
22. Selects a dish
24. Player listings
28. Arboreal dwelling
29. CEO's 'C'
32. 'Chick' suffix
33. 'Murdered' mythologically
35. Canadian journalist Rinaldo
37. Feline
40. Cdn. actor Will's
42. Mad Men creations, briefly
43. As an assembled abode
45. Gleans
47. 'Air'-meaning prefix
48. Eight member group
50. '80s hit: "(I Just) Died in Your __"
54. Tuscany's marble city
56. Vowel-friendly

58. Broccoli bloom
61. Perspective
62. Components of Elvis Presley's look
65. Formally boring
66. Jai's court partner

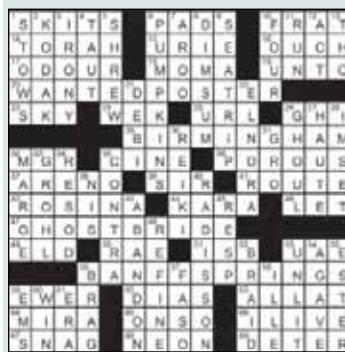
- Ontario village
67. Prefix to 'byte'
68. Third canonical hour
69. Hull's 'hundred'
70. Munich mister
71. No __ Salt (Food label info)

1. Way to face a problem: 2 wds.
2. Beauty magazine
3. Handles
4. Gone with the Wind undergarments

5. River rollicker
6. Goo
7. Mr. Morales
8. __ weather warning
9. The Queen, in Canada: 3 wds.
10. Canadian basket-

- ball star Thompson
11. Soda cooler
12. Spring month
13. Late-shift times (abbr.)
19. ' __' for Labrador
23. Where Mike Myers was born; or, Simon & Garfunkel's 'Fair' song
25. Scandinavian story
26. Cdn. actress Fiona
27. Dates
30. Q. "Is there an __ __ #23-Down's answer?" A. "Yes, it's the last letter."
31. Torpid
34. California baseball team [acronym]
36. Cleopatra's snake
37. Politics channel
38. Nevada's __ 51
39. Yukon, e.g.
41. __ it up (golf)
44. Give up due to a penalty
46. Canonized
49. Sex and the City character
51. Consider
52. Newman/Field's "Absence of __"
53. Finished as Elvis' blue shoes
55. Nite And Day: 1988 hit for __. Sure!
57. Bob Marley album: __ Revolution'
59. Mechanical __.
60. Ivan's terrible gig
62. NBA's Kings
63. __-de-France
64. Roseanne hubby

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	5	7	6	3	1	9	2	8
1	3	6	9	8	2	7	4	5
9	8	2	7	5	4	1	3	6
8	7	1	2	6	3	5	9	4
3	6	9	5	4	7	2	8	1
5	2	4	1	9	8	3	6	7
7	9	3	8	1	6	4	5	2
6	1	5	4	2	9	8	7	3
2	4	8	3	7	5	6	1	9

1	6	2	7	8
8				
1	6			
	5	7		
5	9	3		
7	9			5
	5	4	8	3
2		3		

**COMPUTER AIDED DRAFTERS
ARE IN HIGH DEMAND
IN ALBERTA'S OIL & GAS
AND CONSTRUCTION
INDUSTRIES**

"Train to become a skilled technician in 2D & 3D drafting and design with specialities in Engineering and Architecture."

Antonio Cuan - Industry Expert and Digital School Instructor

**BE JOB READY
IN 6 TO 12 MONTHS**

DIGITAL School
technical design college

Call Toll Free 1-877-414-0200

#304, 10205-101 STREET, EDMONTON, AB



digitalschool.ca

PAYMENTS ARE O.A.C. AT 4.99% FOR 84MTHS. COST OF BORROWING IS 1. \$2,419.01. 2. \$2,808.77. TOTAL OBLIGATION IS 1. \$15,444.52. 2. \$17,934.28. OFFER APPLIES TO ELIGIBLE CURRENT OWNERS OR LEASEEES OF ANY MODEL YEAR 1999 OR NEWER CAR THAT HAS BEEN REGISTERED AND INSURED IN CANADA IN THE CUSTOMER'S NAME FOR THE PREVIOUS CONSECUTIVE SIX (6) MONTHS. VEHICLES MUST BE DELIVERED BETWEEN SEPTEMBER 1-31, 2014. PRICES DO NOT INCLUDE GST, ERROS AND OMISSIONS EXEMPT. SEE DEALER FOR FULL DETAILS.

DM CMPAUTO.COM CMPAUTO.COM

CALGARY'S LARGEST PREOWNED SELECTION @ CMPAUTO.COM



IT'S BACK

CHECK OUT OUR MANAGER'S SPECIALS
SPECIALS.CMPAUTO.COM

IMPALAGANZA

ONLY 15 LEFT!



CGE9210A



CGE9108A

2013 CHEVROLET

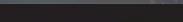
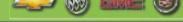
IMPALA LS¹

\$11,800
OR

\$84/BW
4.99% FOR
84 MTHS

INCLUDES: 3.6L, AIR, AUTO,
& LOW KM'S!

TRY OUR SERVICE
DEPARTMENT!
Certified Service



Fall

SERVICE SPECIALS

CALL TO BOOK! 403-930-1543

-DEXOS OIL CHANGE & AC DELCO FILTER
-MULTI POINT INSPECTION
(SEE ADVISOR FOR DETAILS)
-ROTATE TIRES AS REQUIRED

-LUBRICATE LOCKS, LATCHES & HINGES
-TOP UP FLUIDS AS REQUIRED
-CHECK BELTS, PULLEYS, HOSES & LINES

\$149.95
Checkup

CMP GM
CHEVROLET Cadillac BUICK GMC

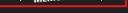
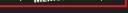
1313 36 St. NE, Calgary, AB, T2A 6P9

AMVIC LICENSED
ONE OF THE
BEST
MANAGED
COMPANIES
CERTIFIED
PRE-OWNED

403-930-1634
CMPAUTO.COM



BANKRUPTCY | DIVORCE | NO CREDIT
NEW CREDIT | NEW TO CANADA
100% APPROVAL RATING
403.207.1041
CALGARYAUTOFINANCING.COM



PART OF THE KAIZEN AUTOMOTIVE GROUP | KAIZENAUTO.COM